

[A Devotional Study on God's Care and Deliverance]

LORD,
Heal
My Hurts



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DISCUSSION QUESTIONS

Chapter 1

1. As you read the passages in Jeremiah this week, you saw the broken, wounded state of the people. Why were Jeremiah's people in this state?
2. What are some of the hurts in your life, in the lives of your family, in the lives of your friends?
3. What parallels are there between the time in which Jeremiah lived and the time in which we live?
4. What do you think is the reason for these hurts, for the horrors that we see in our world daily?
5. When we do things our own way and not God's way, what are we doing?
6. In Jeremiah 7:1-7, we see God's heart toward the people as He offers them an opportunity to do what?
7. As you have thought about your hurts, the hurts of others, and the state of our world, do you echo with Jeremiah his cry found in Jeremiah 8:18: "My sorrow is beyond healing, my heart is faint within me"? What is God's answer to this cry, the solution to the problem in Jeremiah's day, in our day?
8. What did you learn from this study that you could apply to your own life?
9. What question did this lesson bring to your thoughts?

Chapter 2

In week one we looked at the horrible state of the people in Jeremiah's day and we talked about the state of our world, of our hurts, and of the hurts of others we know.

At the end of that lesson, we looked at Jeremiah's cry in chapter 8:21-22: "For the brokenness of the daughter of my people I am broken; I mourn, dismay has taken hold of me. Is there no balm in Gilead? Is there no physician there? Why then has not the health of the daughter of my people been restored?"

As we begin this week's lesson, let's review the verse from the book of Romans which tells us that these lessons from the Old Testament Scriptures are for us today. Romans 15:4: "For whatever was written in earlier times was written for our instruction, that through perseverance and the encouragement of the Scriptures we might have hope."

All that we learn from this study in Jeremiah and from other Old Testament passages is for us—right where we live today!

1. What was the root of Jeremiah's anguish, as he cried over his people?
2. How do you know there was healing available for the people over whom Jeremiah cried?
3. One of God's names clearly shows Him as the Great Physician. What is the name of God that you learned this week? What does it mean?
4. What were the events surrounding the first use of this name for God in Scripture? What was God trying to teach the people in this situation?
5. Although God wanted to heal the wounds of the people who lived in Jeremiah's time, what did the people do instead of coming to Him for their healing?
6. Briefly review the account of King Asa's life in 2 Chronicles 14–16.
 - a. Describe the two events that provided him an opportunity to run to the Lord. How did he respond in each?
 - b. How did God view his response each time?
 - c. What insights did you gain from Asa's life that you can apply to your own life?

7. Does God heal only physical diseases? What or whom did you see Him heal in the Scriptures you looked up this week?

8. The same God who was standing ready and willing to heal Jeremiah's people stands ready and willing to heal you, your family, your friends, your nation. But is this where people run when they need healing?
 - a. What are some of the places people run for help, and why do you think they run to these sources?

 - b. Why do you think it is difficult for some to run to God?

9. What has this lesson meant to you?

10. The next time you are hurt or wounded, where will you run? Why?

Chapter 3

In week two we saw that one of God's names is Jehovah-rapha and that His desire is to have us run to Him in times of distress so that He can heal and restore us—not only physically but in every area of our lives.

In that lesson we looked at the first use of the name Jehovah-rapha and in that account saw that God's design was for His people to come to Him in time of need. We also studied the life of King Asa and how God was grieved over Asa's failure to turn to Him first when he needed healing.

1. When we looked at Jeremiah's cry in 8:22, we saw that he asked whether or not there were two things in Gilead. One of these was a Great Physician, which we learned was God. What was the second thing that the people needed for their restoration?

2. As you read Psalm 107, what did you see that God would use to bring their healing?

3. From your study in Psalm 107, what did you see that paralleled the metaphor "the balm of Gilead"?

4. This week you studied a city called Gilead. What two things was Gilead known for?

5. From your study in 2 Timothy 3:16-17 on the Word of God...
 - a. what is the Word of God profitable for?

 - b. what is accomplished by the Word of God?

6. Briefly discuss what each of the following means:
 - a. Doctrine
 - b. Reproof
 - c. Correction
 - d. Instruction in righteousness

7. What does it mean to be “adequate, equipped for every good work”?

8. How is God’s Word different from the words of man?

9. Do you see any parallels between what you learned about the Word of God and the two things for which Gilead was known?

10. In light of your study this week, do you believe that God’s Word has the answers for the hurts of your family, friends,...for your hurts? Why or why not?

11. If all that we have talked about this week is true, and the Word of God is profitable for doctrine, reproof, correction, and instruction in righteousness that the man or woman of God may be equipped for every good work, then what should your attitude be toward the Word of God?

12. What has this week’s lesson meant to you personally? What will you change in your life as a result of this lesson?

Chapter 4

In week three we looked at the balm of Gilead, and we saw that this phrase was a metaphor used in Psalm 107 for the Word of God.

We looked at 2 Timothy 3:16 and learned what the Word of God was profitable for and what is accomplished by it.

We saw that the distressed in Psalm 107 cried out to God and that He sent His Word and healed them. We saw that healing comes through knowing and applying the Word of God to our situations of life.

We discovered that the Word of God was the plumb line by which we could measure everything.

Because of all that we learned last week, the logical conclusion to draw was that in order to live godly lives we must know the Word so that we have a standard by which we can measure every situation of life.

1. Where is the place of refuge for a Christian? Why?
2. This week you studied the different ways by which Jesus provided for your healing. What were these three ways?
3. All of us hurt—or have hurt—in some way. What really is the root of any wound that you or I have suffered?
4. There was a wonderful provision made for the healing of the root of our wounds. Where was this provision made? Where does our healing find its basis?
5. In Isaiah 53:4 we read that “surely our griefs He Himself bore, and our sorrows He carried.” According to what you read in Matthew 8, when was the scripture in Isaiah 53:4 fulfilled?
6. How does Jesus’ work on Calvary provide for our healing?

7. What is the means by which Jesus keeps providing for our healing? (Hint: Even as you are reading this, He is making provision for your healing in this way!)

8. What is the precious truth that Hebrews 4:14-16 reveals about Jesus, your High Priest? Does He understand you as He intercedes on your behalf?

9. Do you think that Jesus can truly sympathize with your situations? Think back through what you have studied this week and think of the different things Jesus suffered for your salvation and healing.

10. In the light of last week's lesson and what Christ did to make a way for you to be healed, what are you going to do with your hurts? What are you going to share with others who are hurting and who think that they will be crippled by their hurts for the rest of their lives?

Chapter 5

In week four our lesson gave us new insight into the cost of a provision for the healing of all of our hurts that are a result of sin.

We saw clearly the way in which Jesus provided for our wholeness through His life, His death, and now through His present ministry of intercession on our behalf.

And we learned that not only is He our High Priest but that He has been touched with the feelings of our infirmities—He understands because He has been there.

Again we talked of the fact that although all of the provision is there, it is our part to act in faith, take God at His Word, and appropriate it into our lives on a daily basis.

1. Not only is the Crucifixion a vital part of the gospel, there is another key ingredient to the gospel. Without this part of the gospel, we would still be dead in our trespasses and sins. What is the key part of the gospel?
2. What two vital truths does Christ's resurrection testify to?
3. Explain the significance of each of the truths in question 2.
4. What is the essence of the truths you have learned in Romans 6?
5. What is the key to victory over a problem? Is mental assent enough, or is there more to being victorious over a sin, a problem, than just agreeing with what God says?
6. What are some of the commands that God gives to the believer in Romans 6?
7. What did you learn from Paul's contrast of two slaves in Romans 6?

8. What has your identification with Jesus Christ made true for you?

9. Because we belong to Him, our lives have purpose. What marvelous truth did you learn from John 15:16?

10. In light of this lesson, are there any wrong concepts you have had simply because you did not fully understand all that being “in Christ” meant? How do you plan to deal with these to correct them? How do you plan to move forward in the truth?

Chapter 6

In week five we saw the significance of the Resurrection. The study gave us great insight into what is actually ours because He was raised from the dead so that we do not have to live in our trespasses and sins and because we are identified with Him in His death, burial, and resurrection by faith in the finished work of Christ.

We learned we are not only saved from the penalty of sin but also from the power of sin. Sin no longer reigns!

We also looked at the awesome fact that we were chosen by God—chosen to be His beloved children!

1. What two key truths did we learn last week that are the basis for you to be able to deal with your past?

2. This week in your study what did you see that God is in control of?

3. Since He is in control of all things, how does this apply to you? Did you come to God on your own, or did God have something to do with it?

4. When were you chosen by God? How?

5. What are the truths that you saw in Romans 8:28-39 that belong to the child of God?

6. If you were chosen before the foundation of the world and if what you learned in Romans 8 is true, then what is true about all of the things that make up your past?
 - a. Is any of these a surprise to God?

 - b. Can He use these situations? How do you know?

7. What is the good that God promises to bring about by using all that has happened in your life?

8. From what you learned in the Scriptures when you studied cleansing and transformation, how are you to be transformed and cleansed?

9. What is one of the primary means used by God to conform us into the image of His Son?

10. What do the truths that you have learned this week mean to you on a daily basis?
How can you apply these truths to your life moment by moment?

Chapter 7

In week six we learned that God is sovereign, that He rules over all. In His sovereignty He chose us before the foundation of the world.

His desire is to conform us into the image of Jesus Christ. This conformation and transformation will take place as we allow the Word of God to work in us.

Since God is sovereign and since He says that all things work together for good for those who love God, who are called according to His purpose, our past hurts, disappointments, tragedies, and failures are no surprise to Him. According to His Word, He will even use all of this to conform us into the image of His Son.

1. If it is true that God is sovereign and in control and if He chose you before the foundation of the world to be His,
 - a. was He surprised at the timing of your salvation?
 - b. what did you learn about the timing of Paul's salvation?
2. In light of all that we have learned, was God taken off guard by anything that happened to you as a child? as a teen? as a young adult? as an adult? an elderly person? Is He able to use the different situations that occurred in each stage of your life, or have these events ruined your life? How do you know? How will He use each incident?
3. As you read and reread Psalm 139, what different aspects of God's character did you see, or which of His attributes were listed in the psalm?
4. From the truths of Psalm 139, who is it that God knows? How well?
5. What does He know about you? Does He know when you are hurting?
6. In Psalm 139 you see that God is always where? When you were hurt, where was God? Were you alone at that time?

7. We saw too that not only did He know all and not only was He everywhere, but He created us and He sustains us. In verse 14 what do you see that your response should be to the way He made you?
 - a. Were there any accidents as He formed you in your mother's womb?
 - b. If your parents felt you were a mistake or wished you were never born, what do you know from God's Word that would help you deal with this hurt? What must you choose to believe?
 - c. Did God know who your parents were? Did He make a mistake in choosing your parents for you? Why do you think God allowed you to have the parents you have?
8. What did you learn about your God, the Righteous Judge?
9. At the close of Psalm 139, what do you learn about your responsibility?
10. What did you learn from Luke 11 about your healing?
11. What kind of gift did you see in Luke 11 that your Father would give you? If the answer to your persistent prayer is not what you think it should be, what did you learn in Luke 11 that you can rest in?
12. In light of this week's study, what is your response now to your home, your parents, your losses, your body, your hurts, your disappointments, and the tragedies of your past? of the future?

Chapter 8

In week seven we learned that God truly was and is in control of our individual lives. We know from Psalm 139 that He knew us as we were being formed in our mother's womb and that He has watched over us every day, every moment of our lives, allowing things that He could use to conform us into the image of His Son.

We saw that our past, our hurts, etc. were not mistakes and that we could be thankful for all that has happened because as we yield to Him, He will use it in our lives.

We learned too that we need to be persistent in our prayers for our healing, but we also need to be willing to receive His answer to our prayers, realizing that because we are His children and because of His great love for us that His answer will be good—good for us.

1. In your study in Revelation, how did you see God refer to believers?
2. What was the point that was made in Hebrews 5:1-3 about the Levitical priests? What did you see earlier about your High Priest that goes along with this fact about the Levitical priests? What does this mean for you?
3. What is Paul calling you to do in Romans 12:1-2? What did this offering parallel? What is the significance of this truth?
4. What is the tool that God will use to transform us?
5. As you studied Romans 12:1-2, what did you see that needed to be renewed?
6. From your study, what is it that defiles a man?
7. What can you do to see that your mind, your thoughts, do not defile you?
8. What did you learn in 2 Corinthians 5 about every believer?
9. From 2 Corinthians 5, what did you see had passed away? What assures you that you are a new person? What do you possess that others in the world do not have?

10. In light of your study this week, what do you think is true about your past?

11. Are you living in the light of your past instead of in the light of what Jesus has provided for you? If so, why? What do you plan to do in light of this week's study?

12. What do you think 2 Corinthians 5:16 means in respect to you?

Chapter 9

In week eight you looked at the fact that God has made you a priest, and you saw how He could use your past to open up a door of ministry for you. You are literally a new creature in Christ; old things have passed away.

You saw God calling you to become a living sacrifice and to renew your mind so that you can be used by God.

1. Now that you are a new creation in Christ and now that your “old man” is dead, who is your enemy?
2. Where does the enemy usually attack a believer? What are some of the feelings, thoughts, and emotions which resulted from our past—or from a present situation—that we must now deal with?
3. What did you learn in John 8:44 about your enemy? What does this fact let you know about him and the way he will come against you?
4. What did you learn in 2 Corinthians 10:3-6 about your weapons in your warfare with the enemy?
5. What is your primary weapon against the lies of the enemy?
6. What are you to do with thoughts that come into your mind according to 2 Corinthians 10?
7. How can you bring every thought captive?
8. What particular scripture acts as a plumb line by which you can measure your thoughts to see that they are pleasing to God? What did you learn in this verse that your thoughts should be like?

9. Feelings of rejection are one of the main tactics of the enemy. What did you learn about how to handle these feelings?

10. How can you deal with feelings of depression that come as a result of your past?

11. What did you learn in Psalm 42 and Psalm 43 about how the psalmist dealt with his despair and feelings of rejection by God that you can apply to your life when you have similar feelings?

12. Has this week's lesson helped you in understanding that you can stand against the enemy's attacks on your mind and that you can think on the things which are pleasing to God? How do you plan to put into action what you have learned?

Chapter 10

In week nine you learned that when the enemy attacks your mind with thoughts that are lies you can bring your thoughts up against the truth of the Word of God and choose to think on the things that measure up to the standard set for you in Philippians 4:8.

You also learned how to deal with specific feelings of rejection and despair.

1. Last week we saw that you have an enemy, Satan. Now we see that in this warfare there are other forces at his disposal to assist in his attack against believers. What did you learn about these forces this week?

2. What did you learn from the account of Satan's attack on the Lord Jesus after He had been in the wilderness for forty days and nights?
 - a. What was significant about the timing of Satan's attack?

 - b. Read the first verse of the passage again. Was God shocked by what happened to Jesus? What does this mean to you?

 - c. What things did he offer Jesus? Were they things that would have filled a legitimate need?

 - d. How did he approach Jesus? What did he do with the Word of God?

 - e. Did he turn and go away after Jesus refused him the first time?

 - f. What did our Lord do to combat the attacks of Satan?

 - g. Can you see any parallels between this attack on Jesus and the way the enemy attacks you?

3. In 1 John 4:4 you saw your authority. What does this verse mean to you on a daily basis?

4. In Ephesians 6 you learned more about your warfare and how to deal with your enemy.
 - a. Where is our struggle?
 - b. What are you instructed to do in order to stand against the enemy?
 - c. After you have followed the instructions for resisting the devil, there is one more instruction. What is it?
 - d. We see that we have a responsibility to others too. What is that responsibility?
5. What is especially significant about the girdle of truth for us in this particular study?
6. What did you learn about the other pieces of the armor?
7. How can an understanding of Ephesians 6 be used to heal your hurts?
8. Warfare is affliction from the enemy. What did you learn in Psalm 119 about affliction?
9. What does the Word do in affliction? What was the cry of the psalmist in light of the affliction?
10. At the end of your lesson, you looked up scriptures that show your affliction could be used by God to minister to others. What were some of the things you saw in these verses? How do you plan to apply what you have learned?

Chapter 11

In week ten you learned that your enemy, Satan, has an army, a demonic host. You saw that you are truly in a warfare, and you saw some of the enemy's tactics. But you also learned what your weapons are and how to use them.

You learned how to respond to the affliction in your life, and you saw that those situations can also be used to minister to others.

1. Is it possible for everyone to be healed from the wounds of the past, from the hurts, the disappointments, the tragedies? What does the healing depend upon?

2. What is the basic reason that people are not made whole? Why had the man at the pool not been healed?

3. Why do some people choose not to be healed?

4. In order to be healed, you must be willing to forgive others, or you must be willing to accept God's forgiveness for yourself. What did you learn about forgiveness in this lesson?

5. What did you learn from Joseph's life?
 - a. What were the circumstances of his situation?

 - b. What did he suffer as a result?

 - c. What was his response in all of this?

 - d. Was there unforgiveness or bitterness in his life?

6. What did you learn in Luke 7 about how sin should be viewed?

7. What did you learn about forgiveness in Luke 7?
 - a. What is the result of forgiveness?
 - b. How often are you to forgive?
8. What was the point of the parable that Jesus told in Matthew 18?
 - a. Whom does the king represent? Why?
 - b. Whom does the king's slave represent?
 - c. Why was the king so upset with the slave whose debt he had forgiven?
 - d. What parallels can you draw from this story?
9. What did you learn from the other passages you studied this week on forgiveness?
How are you to respond to those who have hurt you?
10. Why wouldn't a person want to forgive?
11. What do you do when you have no desire to forgive? What will happen if you refuse to forgive?
12. What will the result of true forgiveness be?
13. How do you plan to respond to the great truths of this lesson? If you respond properly (biblically), what will the result be?

Chapter 12

In week eleven we looked at the fact that people can be healed from the wounds of their past if they will come to God on His terms and be willing to be healed His way.

We have seen that healing is a matter of faith—not anything else. It's up to us to believe or not to believe, to obey or not to obey. It's our choice—opportunity by opportunity, moment by moment.

We also talked about why some people do not want to be healed. Then we looked at our responsibility in forgiving others and the results of forgiveness.

1. It could be that your healing has not been complete because there is anger in your life. This week as you studied anger, did you deal with any anger that is still in your heart? If not, why? What is keeping you from letting go?

2. You saw in your study that God gets angry.
 - a. What kind of anger is this?

 - b. What are the things that anger God?

 - c. What is the root cause of the things that anger God?

 - d. What did you learn about God's anger?

3. What are the two kinds of anger that man experiences?
 - a. Is anger against God ever justified?

 - b. What are some of the reasons man gets angry with God?

 - c. What did you see in Isaiah 45:20-24 that would help you deal with anger against God?

- d. What are some of the responses that cause us to get angry with people?
 - e. What two things did you learn about responding to anger in Ephesians 4:26? What did you learn in Ephesians 4:31-32?
 - f. In Psalm 4 we saw that the psalmist was very angry with people. What was his confidence in the midst of his situation? What did you learn from this psalm about dealing with your anger toward people?
 - g. Have you ever been angry at the wicked?
 - h. What did you learn in Psalm 37 that would help you in handling this anger?
4. What can be the results of anger when it is not released to God and dealt with properly?
5. What will unreleased anger eventually lead to?
6. You studied Galatians 5:19-21.
- a. Is anger always bad?
 - b. Is anger always a deed of the flesh?
 - c. What is the end of those who habitually practice the deeds listed in this passage?
 - d. In light of your last response, what does that tell you about outbursts of anger?

7. What is God's command regarding anger in James 1:19-26?
 - a. How do these admonitions and exhortations help us handle anger?
 - b. Why are you to control your anger?
8. Now in your own words, explain what you are to do when you are angry.
9. Will you rest in the Lord and cease from anger? What have you determined before the Lord to do the next time you feel anger rising in your heart?

Chapter 13

In week twelve we looked at two kinds of anger—anger at man and anger at God. We talked about reasons why each of these kinds of anger might occur, and we studied passages that help us learn how to deal with our anger in a godly way.

1. What is the key to dealing with anger and bitterness?
2. What is your definition of meekness?
3. What causes us to become bitter? To whom is bitterness directed?
4. When we are bitter toward man, how is this bitterness expressed? If it is toward God, how is it manifested?
5. From your study of Hebrews 12, what did you learn that would help in the healing of your hurts and that would cure your anger and bitterness and keep you from being victimized by the events of your life?
 - a. How does this passage show the relationship of bitterness and meekness?
 - b. What was the occasion of the writing of Hebrews?
 - c. What were the circumstances of those to whom this letter was written?
 - d. What was involved in their testing, according to Hebrews 10:32-33?
 - e. What were some of the things they had suffered?
 - f. What was the result of this suffering?
 - g. What was the message, the purpose of Hebrews 12?
6. According to Hebrews 12:5-7, how are we to view the discipline of the Lord?

7. In the midst of the trials and testings, you can rest assured that He knows it all and that His grace is sufficient. What did you learn about the grace of God?

8. We saw that acceptance of God's love is vital to healing. When you accept God's love, you will allow God to love others through you by dying to self and taking up the cross and following Him. In Mark 8:35-36, what does Jesus say about our lives?

9. Since you memorized Mark 8:35-36, tell what you know from this verse about self-love, self-esteem.

10. What did you learn from the Scriptures about a proper opinion of self?

11. Did Christ die for you because you were worthy? Why did He die for you? What is the message of the cross?

12. Another source of hurt is that we have not accepted others.
 - a. Why do we find it difficult to accept others?

 - b. How do we deal with these feelings so that we can be healed?

 - c. How does accepting others tie in with meekness?

 - d. What were you like when God first loved you? Do you have any reason not to accept and love others?

13. Are you willing to forgive? How has this week's lesson convicted you, and how have you responded?

14. You may want to finish this study by having a time of praise, testimony, worship—even around a covered-dish dinner, a luncheon, or whatever is appropriate to your group. It would be good to let people share what this study has meant to them and how they would like the group to uphold them in prayer.

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